

## ABSTRACT

The present invention provides a massage machine comprising a physiological sensor 5 for detecting  
5 physiological data of autonomic nerve system of the user and a control circuit 6 for controlling a massage operation based on the physiological data detected by the sensor 5. The control circuit 6 estimates a psychological state of the user based on variations of the physiological data  
10 detected by the sensor 5 by an execution of a preliminary massage, and thereafter adjusts a full massage operation in accordance with the estimated psychological state. For the preliminary massage, one typical massage movement is performed from among a plurality of massage movements to be  
15 performed for the full massage.